

Coaches guidelines and rules of competition 5th JCUK Open Online Poomsae Championship 2025

1. Categories and cut-off system

Different categories.

- Dan/poom
- K3, K2, K1 : only preliminaries and finals, **no semi-finals !!**
 - K3 (10th-7th kup) :
 - form is competitor's choice
 - can repeat forms, also in the same round
 - K2 (6th-3th kup):
 - form is competitor's choice
 - cannot repeat any form. All forms in both rounds must be different
 - K1 (2th-1th kup) :
 - compulsory forms
- Family :
 - at least two generations (**so brother and sister alone is not allowed!**)
 - unlimited number of competitors,
 - Immediately finals
 - 2 forms recorded, own choice

Cut off system

- Preliminary :
 - Dan :
 - if > 20 competitors present in the category
 - 50 % goes to SF
 - K1/K2/K3 :
 - if > 12 competitors present in the category
 - top 8 go to **Finals**
- Semi-finals :
 - Only for Dan, not for K1/K2/K3!!
 - If only 20 or less competitors in category, immediately semi-finals, otherwise 50 % of the Preliminaries
 - Top 8 go to finals
- Finals :
 - Dan : 10 or less : immediately finals
 - K1/K2/K3 : 12 or less : immediately finals
 - Otherwise top 8 of SF (Dan) or Preliminaries (K1/K2/K3)

2. Deduction rules for online Championships

- **0.3 points deduction from accuracy**
 - If the athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room.
 - Every time a body part cannot be seen by the referees as the participant moves beyond the camera's view.
 - Each hand and or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc).
 - Each kihap cannot be heard by referee as participant fails to turn on his/her microphone before performance.

- **0.3 points deduction from the final score**
 - Overtime (more then 90 seconds)

- **0.6 points deduction from accuracy**
 - Person or pet coming into the field of play while executing poomsae.
 - Whole body cannot be seen by referee.

- **0.6 deduction from accuracy of the first form**
 - Video in portret mode instead of landscape mode
 - Both poomsae are switched (f.i. video sequence is 6 and 8, and should be 8 and 6)
 - Members of the family poomse do not belong to different generations

- **0 score for accuracy and 1.5 presentation**
 - Performing the wrong form (f.i. 4 and 9 compulsory, competitor performs 3 and 9)
 - Only for K2 : performing twice the same form although it must be two different forms: second form 0 and 1.5
 - The video is recorded in mirror

- **0.6 points deduction from final score of the first form**
 - Wearing incorrect Dobok and incorrect belt
 - Wearing shoes or socks
 - Wearing jewellery or wrist bands

- **Disqualification**
 - Video that has been edited or shows proof of editing.
f.i. both forms are recorded separately and then put together
 - Submission of wrong videos to wrong division.
 - Display of political, religious and non-recognized NOC flags.
 - Movement of camera during performance(up/down and zoom in/out)
 - Only one taegeuk/poomsae recorded in the video
 - A coloured belt competing in a poom- or black belt category